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Wilhelm's 4-Week Glute Griller

Intermediate

Week 1 Week 12

By Dr.Glutes 2026

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Before you start!

Join
“Wilhelm’s Après-Ski Bar”

A community for everyone doing the Glute Griller right now. Share your results. Ask questions. See what other women are experiencing on the same 4 weeks you're on.

Join The Après-Ski Bar

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Read Before Starting

Welcome to Wilhelm's 4-Week Glute Griller.

Most women train hard but don't feel their glutes, their quads and hamstrings take over. That ends here.

These 4 weeks are your ignition month: you'll build the mind–muscle connection, feel your glutes working, and kickstart your confidence in training.

But remember, this is just the spark.

True glute growth and shaping takes progression over time.

These 4 weeks give you the exact raw blueprint to wake up your glutes.

Beginners:

New to lifting? Only do the first 2 sets of each exercise. Starting too slow is not a problem; going in too hard is.

Warm-ups:

Warm-ups are essential, but they shouldn't drain your time or energy. The ideal warm-up? Three sets of 15 reps of your first exercise using no weight.

This is effective because the best way to prepare for a movement—like a squat—is simply by doing that movement. Skip the overly complicated, multi-step routines and save your strength for your actual workout.

Rest:

Rest as long as you need. This means waiting until your muscles feel strong again and your heart isn't racing, not just picking a random time like 30 seconds or 15 minutes.

Don't use a timer! Resting depends on how hard the set was, so wait until you feel ready, then go again. Sometimes this takes 2-3 minutes, other times just 45 seconds. Women usually recover faster. Listen to your body, and rest until you feel good to go!

Schedule:

The "best" way to plan your week, is to leave a day in between the glute days.
For example:

Monday: training day 1
Tuesday: rest
Wednesday: training day 2
Thursday: rest
Friday: training day 3
Saturday: training day 4
Sunday: rest

Starting weight:

If you're new to lifting or trying a new exercise and don't know what weight to use, here's a simple way to find it: If your first set calls for 15 reps, choose a weight you can lift 18 times in your first week.

Don't stress if it feels too light—it's always better to start too light than too heavy. You can increase the weight as you get stronger and more comfortable with the movement.

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How to progress:

Here's a simple way to figure it out:
Pick a weight you can lift 2 more times than the required reps.

For example, if the set calls for 15 reps, choose a weight you could lift 17 times—but only do 15 reps.
This ensures the weight is challenging but not too heavy, helping you build strength safely.

Example:

Squat:
Set 1: 15 reps -> pick a weight you can 17 times
Set 2: 13 reps -> pick a weight you can 15 times
Set 3: 11 reps -> pick a weight you can 13 times
Set 4: 9 reps -> pick a weight you can 11 times

You do this for every exercise, except the ones with the same reps for every set.
You'll grow stronger, especially in the first weeks.
Try increasing the weight every set, and every week.
Weight increase example:

WEEK 1

Squat:
Set 1: 15 reps -> pick a weight you can 17 times -> EXAMPLE WEIGHT: **20kg**
Set 2: 13 reps -> pick a weight you can 15 times -> EXAMPLE WEIGHT: **30kg**
Set 3: 11 reps -> pick a weight you can 13 times -> EXAMPLE WEIGHT: **40kg**
Set 4: 9 reps -> pick a weight you can 11 times -> EXAMPLE WEIGHT: **50kg**

WEEK 2

Squat:
Set 1: 15 reps -> pick a weight you can 17 times -> EXAMPLE WEIGHT: **25kg**
Set 2: 13 reps -> pick a weight you can 15 times -> EXAMPLE WEIGHT: **35kg**
Set 3: 11 reps -> pick a weight you can 13 times -> EXAMPLE WEIGHT: **45kg**
Set 4: 9 reps -> pick a weight you can 11 times -> EXAMPLE WEIGHT: **55kg**

WEEK 3

Squat:
Set 1: 15 reps -> pick a weight you can 17 times -> EXAMPLE WEIGHT: **30kg**
Set 2: 13 reps -> pick a weight you can 15 times -> EXAMPLE WEIGHT: **40kg**
Set 3: 11 reps -> pick a weight you can 13 times -> EXAMPLE WEIGHT: **50kg**
Set 4: 9 reps -> pick a weight you can 11 times -> EXAMPLE WEIGHT: **60kg**

DO NOT DO THIS if you feel like you can't do it. DO NOT hurt yourself just to go heavier!

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How to start this training plan

Take it easy!

- If you're a beginner, stick to 2-3 sets max per exercise—don't overdo it.
- Even if you're experienced, ease into the program.
- Always start lighter than you think you need to.

Lifting heavy might look cool, but getting injured is not. Be careful, take your time, and build up gradually!

Exercises:

Every exercise has a complete tutorial linked, just click on the exercise, and it will take you there.
If anything (and I mean anything) is unclear, don't hesitate to message in **Wilhelm's Après-Ski Bar**

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Got Transformation Pictures?

Show off your 4, 8 or 12 week progress. Every month, 2 women get picked for a free coaching spot.

If you've trained with any Dr.Glutes program, I want to see your results.

Here's how it works:
Upload your before and after photos.

Every submission is automatically entered into our monthly raffle.

2 winners get a free spot in the 12-Week Peach Era Coaching Program with me and Zeta.

Your face will be cropped or blurred in anything we use publicly. Your transformation, your privacy.

Requirements list:

- Before and after photo
- Must have used a Dr.Glutes program (app, freebie, or coaching)
- 18 years or older

Upload Your Pictures

Jeans-Ripping Glute Activators

These drills won't grow your glutes overnight. But they will teach you to actually feel them, which is the first step to filling out your jeans.

Why you can't feel your glutes

If you've been training for a while but still can't feel your glutes working, you're not broken.

You're just recruiting the wrong muscles.

That means your legs take over every time you squat, lunge, or hip thrust, and your glutes go along for the ride without doing much work.

This happens because of three things:

1. Quad dominance: Your legs are stronger, and your nervous system defaults to them.
2. Wrong recruitment patterns: Learned early and never corrected.
3. Poor mind-muscle connection: You haven't really felt your glute before by really squeezing.

The fix is not a new program or heavier weights.

It's teaching your nervous system to find the muscle before you load it.

That's what this guide does.

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The Activation Protocol

You don't have to do all of these. Just pick 1 or 2 and set those cheeks on fire.

Drill 1 - Bodyweight Hip Thrust

Watch the video here

Get into the hip thrust position.

It doesn't have to be the perfect setup, but if you're new, it's good to practice it.

Setup:

- Laying weights next to your knees,
- Getting your shoulder blades on the bench
- keeping your upper body straight

Do a normal hip thrust, but squeeze as hard as possible and hold the squeeze **for 3 seconds.**

Do this for 3 sets of 15 reps with no weight.

I feel this in my full glute, but mostly the lower part.

Drill 2 - Donkey Kickback

Watch the video here

On all fours, hands under shoulders, knees under hips.

Keeping your knee bent at 90 degrees, drive one foot up toward the ceiling until your thigh is parallel to the floor.

Squeeze hard at the top and hold for 1 second. Lower slowly, 3 seconds down.

Do this for 3 sets of 15 reps with no weight each side.

I feel this in the lower part of my glute.

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Drill 3 - Frog Pumps

Watch the video here

Grab a bench and lie in front of it.

Put your feet on the bench, open your legs as wide as possible, and put the soles of your feet against each other.

Now thrust your hips and squeeze as hard as possible for 3 seconds while keeping your legs open.

Slowly lower down and repeat.

I feel this is my full glute, including the top part, because I keep my legs wide open.

Drill 4 - Banded Clamshell

Watch the video here

Lie on your side with a light resistance band just above your knees.

Feet stacked, hips stacked.

Keeping your feet touching, rotate your top knee upward like a clamshell opening.

Touch your glute med with your top hand; you should feel it working on the outer hip.

I feel this on the side of my glute.

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Your Baseline

Here's where we test how much you feel your glutes working on these exercises. We're going to come back to this at week 2 and at the end of the program so you can feel the difference the right program makes.

Use your warm-up weights to do this test. So the empty bar for the RDL and hip thrust and a light weight for the Bulgarians.

Exercise	How much do you feel your glutes on a scale of 1 - 10?
Hip thrust	
RDL	
Bulgarian Split Squat	

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Week 1

You'll feel awkward and might not feel much. That's normal.

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Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.
- Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Day 1

Warm-Up	Hip thrust	Hip thrust	Hip thrust
All done with body weight	15 reps	15 reps	15 reps

Peach Era App

- Every rep, weight, and set gets logged in the "Logs" tab. You'll never wonder, "Wait, what did I lift last week?" again. That's how progression actually happens.

Main exercise	Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Hip thrust or machine		Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps set 4: 7 reps				
RDL		Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps				X
Reverse Lunges L	Reverse Lunges R	Set 1: 10 reps Set 2: 8 reps Set 3: 6 reps **Each Side**				X
Cable Extensions L	Cable Extensions R	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps **Each Side**				X
10-10-10 Finisher (Can also be done on a machine)		1 set.		X	X	X

Click here for the videos

Week 1

Snatched Waist Core

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
Reverse Crunches	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Knee Tucks	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Leg Raises	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
Windshield Wipers	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

Week 1

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Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.

Day 2

Warm-Up	Row Machine	Row Machine	
All done with light weight	15 reps	15 reps	

Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Row Machine	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
Lat Pull Down	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
Lat Push Down	Set 1: 12 reps Set 2: 10 reps			X	X
Push Step Finisher	1 set	X	X	X	X
Hammer Curls	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
EZ bar Curls	Set 1: 12 reps Set 2: 10 reps			X	X

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Day 3

Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.
- Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Warm-Up	Hip thrust	Hip thrust	Hip thrust
All done with body weight	15 reps	15 reps	15 reps

Peach Era App

- Inside the app you can simply swap the exercises you can't do in your gym or because of an injury and pick the ones you can do.

Main exercise	Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Hip thrust or machine		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps				
B-Stance RDL L	B-Stance RDL R	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps **Each Side**				X
Cable Step-Up L	Cable Step-Up R	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps **Each Side**				X
Peach Piñata Finisher Left	Peach Piñata Finisher Right	1 set in total, or 1 set per leg.		X	X	X
Calves Leg Press		Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X

Week 1

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Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.

Day 4

Warm-Up	Dumbbell Press	Dumbbell Press	
All done with light weight	15 reps	15 reps	

Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Dumbbell Press	Set 1: 12 reps Set 2: 10 reps			X	X
Dumbell Fly	Set 1: 12 reps Set 2: 10 reps			X	X
Side Raises	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
Upright Rows	Set 1: 12 reps Set 2: 10 reps			X	X
Tricep Rope Extensions	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X

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Snatched Waist Core

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
Bicycle Kicks	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Crunches	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Side-taps	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

Week 1

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Week 2

Here’s where the pump starts.

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Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.
- Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Day 1

Warm-Up	Hip thrust	Hip thrust	Hip thrust
All done with body weight	15 reps	15 reps	15 reps

Peach Era App

- The warm-ups are built into every workout. You open the app, hit start, and the first exercise is already the right warm-up for what's coming. Zero decisions before your set.

Main exercise	Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Hip thrust or machine		Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps set 4: 7 reps				
RDL		Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps				X
Reverse Lunges L	Reverse Lunges R	Set 1: 10 reps Set 2: 8 reps Set 3: 6 reps **Each Side**				X
Cable Extensions L	Cable Extensions R	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps **Each Side**				X
10-10-10 Finisher (Can also be done on a machine)		1 set..		X	X	X

Week 2

Snatched Waist Core

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
Reverse Crunches	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Knee Tucks	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Leg Raises	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
Windshield Wipers	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

Week 2

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Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.

Day 2

Warm-Up	Row Machine	Row Machine	
All done with light weight	15 reps	15 reps	

Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Row Machine	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
Lat Pull Down	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
Lat Push Down	Set 1: 12 reps Set 2: 10 reps			X	X
Push Step Finisher	1 set	X	X	X	X
Hammer Curls	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
EZ bar Curls	Set 1: 12 reps Set 2: 10 reps			X	X

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Day 3

Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.
- Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Warm-Up	Hip thrust	Hip thrust	Hip thrust
All done with body weight	15 reps	15 reps	15 reps

Peach Era App

- Every exercise has a tutorial pinned right there in the workout. You don't leave the app, you don't scroll through YouTube, you don't lose your rhythm. Form check, hit play, back to your set.

Main exercise	Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Hip thrust or machine		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps				
B-Stance RDL L	B-Stance RDL R	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps **Each Side**				X
Cable Step-Up L	Cable Step-Up R	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps **Each Side**				X
Peach Piñata Finisher Left	Peach Piñata Finisher Right	1 set in total, or 1 set per leg.		X	X	X
Calves Leg Press		Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X

Week 2

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Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.

Day 4

Warm-Up	Dumbbell Press	Dumbbell Press	
All done with light weight	15 reps	15 reps	

Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Dumbbell Press	Set 1: 12 reps Set 2: 10 reps			X	X
Dumbell Fly	Set 1: 12 reps Set 2: 10 reps			X	X
Side Raises	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
Upright Rows	Set 1: 12 reps Set 2: 10 reps			X	X
Tricep Rope Extensions	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X

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Snatched Waist Core

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
Bicycle Kicks	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Crunches	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Side-taps	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

Week 2

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Halfway There!

Let's test those glutes again and how much you feel them working after 2 weeks of training.

Use your warm-up weights to do this test. So the empty bar for the RDL and hip thrust and a light weight for the Bulgarians.

Exercise	How much do you feel your glutes on a scale of 1 - 10?
Hip thrust	
RDL	
Bulgarian Split Squat	

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Week 3

You’re starting to feel the exercises the way you're supposed to.

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- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.
- Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Day 1

Warm-Up	Hip thrust	Hip thrust	Hip thrust
All done with body weight	15 reps	15 reps	15 reps

Peach Era App

- The app features weekly follow-along challenges where you can test your glutes together with Dr.Glutes

Main exercise	Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Hip thrust or machine		Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps set 4: 7 reps				
RDL		Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps Set 4: 6 reps				
Reverse Lunges L	Reverse Lunges R	Set 1: 10 reps Set 2: 8 reps Set 3: 6 reps **Each Side**				X
Cable Extensions L	Cable Extensions R	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 8 reps **Each Side**				
Tap-Out Right Side	Tap-Out Left Side	1 set on both side.		X	X	X

Week 3

Snatched Waist Core

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
Wipers	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Side Taps	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Knee-To-Elbow	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
Reverse Crunches	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

Week 3

Dr.Glutes 2025

Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.

Day 2

Warm-Up	Row Machine	Row Machine	
All done with light weight	15 reps	15 reps	

Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Row Machine	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps				
Lat Pull Down	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
Lat Push Down	Set 1: 12 reps Set 2: 10 reps			X	X
Cable Crusher Finisher	1 set	X	X	X	X
Hammer Curls	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
EZ bar Curls	Set 1: 12 reps Set 2: 10 reps			X	X

Dr.Glutes 2025

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Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.
- Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Day 3

Warm-Up	Hip thrust	Hip thrust	Hip thrust
All done with body weight	15 reps	15 reps	15 reps

Peach Era App

- Inside the app, the quiz takes you to the right program for your experience level so you can maximize results

Main exercise	Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Hip thrust or machine		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps				
B-Stance RDL L	B-Stance RDL R	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps **Each Side**				
Cable Step-Up L	Cable Step-Up R	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps **Each Side**				X
Cheek Splitter Left Side	Cheek Splitter Right Side	1 set in total, or 1 set per leg.		X	X	X
Calves Leg Press		Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X

Week 3

Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.

Day 4

Warm-Up	Dumbbell Press	Dumbbell Press	
All done with light weight	15 reps	15 reps	

Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Dumbbell Press	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
Dumbell Fly	Set 1: 12 reps Set 2: 10 reps			X	X
Side Raises	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
Upright Rows	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
Tricep Rope Extensions	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X

Dr.Glutes 2025

Snatched Waist Core

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
Mountain Climbers	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Cross Crunches	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Leg Raises	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

Week 3

Dr.Glutes 2025

Week 4

The final test.

Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.
- Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Day 1

Warm-Up	Hip thrust	Hip thrust	Hip thrust
All done with body weight	15 reps	15 reps	15 reps

Peach Era App

- Inside the app, the programs get a new cycle every 6 weeks. Week 5 is the most intense week followed by a deload week.

Main exercise	Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Hip thrust or machine		Set 1: 13 reps Set 2: 11 reps Set 3: 9 reps set 4: 7 reps				
RDL		Set 1: 11 reps Set 2: 9 reps Set 3: 7 reps Set 4: 6 reps				
Reverse Lunges L	Reverse Lunges R	Set 1: 10 reps Set 2: 8 reps Set 3: 6 reps **Each Side**				X
Cable Extensions L	Cable Extensions R	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 8 reps **Each Side**				
Tap-Out Right Side	Tap-Out Left Side	1 set on both side.		X	X	X

Week 4

Dr.Glutes 2025

Snatched Waist Core

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
Wipers	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Side Taps	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Knee-To-Elbow	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
Reverse Crunches	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

Week 4

Dr.Glutes 2025

Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.

Day 2

Warm-Up	Row Machine	Row Machine	
All done with light weight	15 reps	15 reps	

Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Row Machine	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps				
Lat Pull Down	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps Set 4: 8 reps				
Lat Push Down	Set 1: 12 reps Set 2: 10 reps			X	X
Cable Crusher Finisher	1 set	X	X	X	X
Hammer Curls	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
EZ bar Curls	Set 1: 12 reps Set 2: 10 reps			X	X

Dr.Glutes 2025

Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.
- Squeeze as hard as possible on the warm-up hip thrusts, and hold it for 1 to 2 seconds.

Day 3

Warm-Up	Hip thrust	Hip thrust	Hip thrust
All done with body weight	15 reps	15 reps	15 reps

Peach Era App

- The app gets regular updates so that you never run out of glute growing content.

Main exercise	Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Hip thrust or machine		Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps				
B-Stance RDL L	B-Stance RDL R	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps **Each Side**				
Cable Step-Up L	Cable Step-Up R	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps **Each Side**				
Cheek Splitter Left Side	Cheek Splitter Right Side	1 set in total, or 1 set per leg.		X	X	X
Calves Leg Press		Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps				X

Week 4

Dr.Glutes 2025

Dr.Glutes Cues

- Try training 2-3 reps away from failure.
- Try going heavier each set. Only do it if you feel it's possible.

Day 4

Warm-Up	Dumbbell Press	Dumbbell Press	
All done with light weight	15 reps	15 reps	

Main exercise	Reps And Sets	Set 1	Set 2	Set 3	Set 4
Dumbbell Press	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
Dumbell Fly	Set 1: 12 reps Set 2: 10 reps			X	X
Side Raises	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X
Upright Rows	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps				X
Tricep Rope Extensions	Set 1: 15 reps Set 2: 13 reps Set 3: 10 reps				X

Dr.Glutes 2025

Snatched Waist Core

	Beginner		Intermediate		Advanced	
	On	Rest	On	Rest	On	Rest
Mountain Climbers	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Cross Crunches	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	20 sec.
Leg Raises	20 sec.	40 sec.	30 sec.	30 sec.	40 sec.	15 sec.
	1 round		2 rounds		3 rounds	

Week 4

Dr.Glutes 2025

You Did It!

Let's test those glutes again and how much you feel them working after 4 weeks of training.

Use your warm-up weights to do this test. So the empty bar for the RDL and hip thrust and a light weight for the Bulgarians.

Exercise	How much do you feel your glutes on a scale of 1 - 10?
Hip thrust	
RDL	
Bulgarian Split Squat	

Dr.Glutes 2025

Here's What To Do Next

1 Take your after photos

2 Submit them right below

Upload Your Pictures

3 Use your special discount on the last page to continue your progress

Week 1 Week 12

Week 1 Week 12

Week 1 Week 16

Week 1 Week 4

Week 1 Week 4

Week 1 Week 12

Dr.Glutes 2025

Are you the next Dr.Glutes Programs Testimonial?

(Testimonials from all programs)

You've even helped the more experienced people like me level up!

Your app literally made me so sore!! But in the best way

The progress is life changing... I was a d1 track athlete and I could never put on weight, and now 3 months retired the progress is ridiculous! I've never felt this good! Thank you so so so much

NO LONGER THE FLAT ASS FRIEND

Used your app for the first time this morning.... Omg I am burning! So happy I've finally found someone who can show me a proper workout routine!

Using your app to make my legs shake since someone's son won't do it 🍑

I am so glad your app finally launched! I just want to say how much I love your app! Your workouts have helped me reach my goals more than any trainer has in the last five years and I've worked with a lot of trainers. The app has a variety of workouts I've never seen, that's probably why I'm actually seeing results! I highly recommend this app to anyone who actually wants to see a change! The best part of the app is that it's you and you make funny comments and it motivates me not have a flat ass ;) This App is a must I give your app ⭐⭐⭐⭐⭐ 6 stars if I could!

Hi 💙 I love the app, I finished the first week 2 days ago and I already feel the difference in my whole body, not just my glutes. Anyway after the first 2 days I couldn't walk 🤣 It's the first time I've been able to follow a workout on app but with the videos and the rest time it's so easy. Today I start week 2 🥰🥰

Using your app to make my legs shake since someone's son won't do it 🍑

Oh lord!!!! day 2 and my glutes got me waking funny, sore is an understatement 🤫 I'am secretly scared of day 3. Wish me luck 💫

No you're JOKING only on day 3 and the pump is next level already 🔥

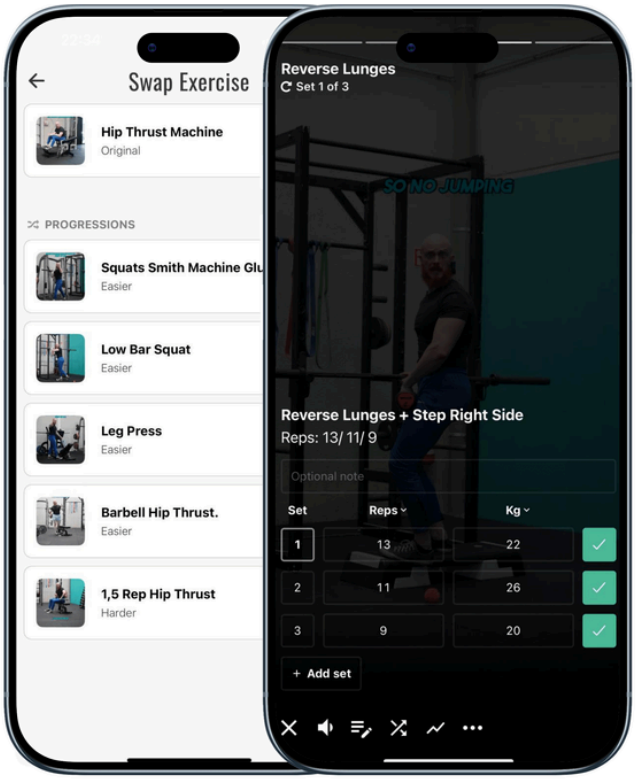
I had to take a week off after day 1 knocking me over 😅 I'm officially on day 3 of week 2 & feeling stronger & even seeing slight changes already! Thankyou for finally creating a program that is actually home friendly & not boring!

Just did day two my cheeks feel like they're going to explode 🤯
The split squat nearly took me out!

I've never lost weight and gained muscle before it was the most wild transformation I've ever had from a challenge style workout

Dr.Glutes 2025

Ready To Take It Further?



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